



## Maricopa County Intervention Strategies

### Tobacco

1. Actively enforce a written policy banning tobacco use. (1 pt)
2. Refer tobacco users to the Arizona Smoker's Helpline or other tobacco cessation quit line. (3 pts)

### Nutrition

3. Provide places to purchase healthy food and beverages (2 pts)
4. Provide nutrition information (beyond standard label information) on sodium, calories, trans fats, or saturated fats for food and beverages sold in worksite cafeterias, or snack bars. (2 pts)
5. Identify healthier food and beverage choices with signs or symbols. (3 pts)
6. Have a written policy or formal communication that makes healthier food and beverage choices available during meetings or events when food is served. (1 pt)
7. Provide employees with food preparation and storage facilities. (1 pt)
8. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the benefits of healthy eating. (1 pt)
9. Provide a series of educational seminars, workshops, or classes on nutrition. (2 pts)
10. Provide onsite self-management programs for healthy eating. (3 pts)

### Physical Activity:

11. Provide an exercise facility onsite. (3 pts)
12. Market the discounted cost of the YMCA facilities and activities. (1 pts)
13. Provide environmental supports for recreation or physical activity. (3 pts)
14. Post signs at elevators, stairwell entrances, exits and other key locations that encourage employees to use the stairs. (3 pts)
15. Provide organized individual or group physical activity programs for employees, other than the use of an exercise facility. (3 pts)
16. Provide brochures, videos, posters, pamphlets, newsletters or other written or online information that address the benefits of physical activity. (1 pt)
17. Provide a series of educational seminars, workshops or classes on physical activity. (2 pts)
18. Provide physical fitness assessments, follow-up counseling, and physical activity recommendations at worksite (3 pts)
19. Provide onsite self-management programs for physical activity. (3 pts)

**Weight Management:**

- 20. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of overweight or obesity. (1 pt)
- 21. Provide a series of educational seminars, workshops, or classes on weight management. (3 pts)
- 22. Provide group lifestyle counseling for employees who are overweight or obese. (3 pts)
- 23. Market the reimbursement opportunity for the Weight Watchers at Work Program. (3 pts)

**Stress Management:**

- 24. Market and promote the Maricopa County Employee Assistance Program. (1 pt)
- 25. Provide dedicated space where employees can engage in relaxation activities, such as meditation, yoga or biofeedback. (1 pt)
- 26. Sponsor or organize social events throughout the year. (1 pt)
- 27. Provide stress management programs. (3 pts)
- 28. Conduct work-life balance or life-skills programs. (3 pts)
- 29. Provide training for managers on identifying and reducing workplace stress-related issues. (3 pts)
- 30. Provide opportunities for employee participation in organizational decisions regarding workplace issues that affect job stress. (3 pts)

**High Blood Pressure:**

- 31. Provide blood pressure screenings at worksite followed by directed feedback or clinical referral when appropriate. (3 pts)
- 32. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of high blood pressure. (2 pts)
- 33. Provide a series of educational seminars, workshops, or classes on preventing and controlling high blood pressure. (3 pts)
- 34. Provide one-on-one or group lifestyle counseling and follow-up monitoring for employees with high blood pressure or pre-hypertension. (3 pts)
- 35. Make blood pressure monitoring devices available with instructions for employees to conduct their own self-assessments. (1 pt)

**High Cholesterol:**

- 36. Provide cholesterol screening at worksite followed by directed feedback or clinical referral when appropriate. (3 pts)
- 37. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of high cholesterol. (2 pts)
- 38. Provide a series of educational seminars, workshops, or classes on preventing and controlling high cholesterol. (3 pts)
- 39. Provide one-on-one or group lifestyle counseling and follow-up monitoring for employees who have high cholesterol. (3 pts)

**Diabetes:**

40. Provide pre-diabetes and diabetes risk factor self-assessment (paper, pencil or online) and feedback, followed by blood glucose screening or clinical referral when appropriate. (3 pts)
41. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of diabetes. (1 pt)
42. Provide a series of educational seminars, workshops, or classes on preventing and controlling diabetes. (3 pts)
43. Provide one-on-one or group lifestyle counseling and follow-up monitoring for employees who have abnormal blood glucose levels (pre-diabetes or diabetes). (3 pts)

**Heart Attack and Stroke:**

44. Have posters or flyers in the common areas of your worksite (such as bulletin boards, kiosks and break rooms) that identify the signs and symptoms of a **heart attack** and also convey that heart attacks are to be treated as emergencies. (1 pt)
45. Have posters or flyers in the common areas of your worksite that identify the signs and symptoms of a **stroke** and also convey that strokes are to be treated as emergencies. (1 pt)
46. Provide any other information on signs and symptoms of **heart attack** through e-mails, newsletters, management communications, Web sites, seminars or classes. (1 pt)
47. Provide any other information on signs and symptoms of **stroke** through e-mails, newsletters, management communications, Web sites, seminars or classes. (1 pt)
48. Have an emergency response plan that addresses acute heart attack and stroke events. (2 pts)
49. Have an adequate number of AED units such that a person can be reached within 3–5 minutes of collapse. (2 pts)
50. Identify the location of AEDs with posters, signs, markers, or other forms of communication other than on the AED itself. (1 pt)

**Lactation Support:**

51. Develop and communicate a written policy on lactation support.
52. Private space (other than a restroom) that may be used by an employee to express breast milk.
53. Provide access to a breast pump at the worksite.
54. Provide flexible break times to allow mothers to pump breast milk.